

Yoga
Disclosure Statement
Mrs. Paige White
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Students and Parents:

This disclosure statement is to inform you of the rules and policies of the Yoga Class. If you have any questions, please send me an email to the address above or contact me during my prep, 5th period. This course has been designed to help create positive learning as well as an enjoyable atmosphere for everyone. **This is a quiet class.** We will go through stretching, breath, and meditation activities that will strengthen us physically and mentally. Students who take this course are expected to demonstrate maturity and respect for the educator, other students, and the process.

GRADING

Grades will be given on a 80/20 system.

80% - Will be based on the following: participation, dressing, final quizzes, and behavior.

20% - Will be based on the following: pre-quizzes, review and goal setting, and disclosures.

Participation is a HUGE part of the grade, since this is a participation class. Participation is having an active interest in the material being taught, having a positive attitude, working well with others, and putting forth your best effort. Students who sit, have poor behavior, or do not contribute to the class will lose ALL their points for the day. They may not make them up, unless they have a doctor's note.

PARTICIPATION COLLECTED EACH DAY:

4 – Being on time, **DRESSING IN THE PROPER ATTIRE AND PARTICIPATING IN CLASS ACTIVITIES (jeggings, knit pants, and socks and shoes ARE NOT PROPER YOGA ATTIRE.)**

2 – Tardy and dressed

0 – Not dressed/No Participation/Poor Behavior/socks on/on phone

ABSENCES

Every absence, REGARDLESS OF ITS REASON, will be considered a missed test or assignment and must be made up. Points missed due to sluffing may NOT be made up

PARTICIPATION DURING CLASS AND EVALUATION OF CLASSROOM ACTIVITIES ARE EQUALLY VITAL TO A STUDENTS LEARNING PROCESS IN YOGA. WITHOUT DAILY PARTICIPATION THE MATERIAL CANNOT BE TAKEN HOME AND READ OUT OF A TEXT.

TARDINESS AND CITIZENSHIP

Tardiness means the student misses important instruction given at the beginning of the class and a valuable warm-up. It is also disruptive to other students. Students are rewarded for being responsible and arriving promptly. Students who arrive late without an admit from another teacher or the office will not receive the points for being on time. Role call will begin 5 minutes after the tardy bell rings.

IF LATE MORE THAN 15 MINUTES, THE STUDENT WILL BE CONSIDERED ABSENT.

Tardiness will also affect your citizenship grade in the following manner, according to School Policy:

H = (Honor) Dressing and participating everyday, all assignments in, excellent behavior, 0 - 1 tardies, and no referrals.

S = (Satisfactory) 2 No dresses OR no participation, all assignments in, above average behavior, 2-3 tardies, and no referrals.

N = (Needs Improvement) 3-4 No dresses OR no participation, most assignments in, satisfactory behavior, 4-6 tardies, OR 1 referral.

U = (Unsatisfactory) 5-6 No dresses OR no participation, most assignments in, uncooperative and irresponsible behavior and disobeys class and school rules OR may have been truant, 7 + tardies OR 2+ referrals.

SLUFFING

A sluff results when a student is not where he/she is assigned to be, and doing what he/she is directed to do. This act results in losing all the points for that day, including a zero on any assignments due that day. They cannot be made up. Your citizenship will also be dropped to a U. This problem will also be referred to the Vice Principal for any further action as he/she sees necessary.

ATTIRE FOR CLASS

It is expected that a student enrolled in an activity course will willingly dress in proper attire. Proper attire are jazz/yoga pants, knit capri's, warm up pants, or sweat pants. Pants should be no longer than leg length for safety reasons. Athletic shorts can be worn, if they hit mid-thigh or longer, but not encouraged. Cap-sleeved shirts, 3 finger width tank tops, leotards, and/or fitted t-shirts are appropriate. NO BELLY SHIRTS OR SPAGHETTI STRAPS. Keep the school standards in mind and dress MODESTLY!

If at times it becomes cool in the portable, or there is an emergency, a sweatshirt may be allowed to be worn, keep one in your locker for such days. Street clothing inhibits and restricts movement, ability and safety. DO NOT COME TO CLASS IN YOUR STREET CLOTHING. If possible try to keep an extra change of yoga attire in your locker. Trying to pass off what you have worn to school (including your shirt) is NOT acceptable and will result in the loss of ALL your dress points. If you have forgotten your clothes, you will need to borrow some from a peer, or get some out of the lost and found to wear for the day, or borrow from Mrs. White. We will be practicing yoga in bare feet, so that means **NO SOCKS!** Socks are a safety hazard. NO LARGE JEWELRY! Keep a small container in your locker for any valuables. You will need a pair of flip flops to wear out to the portable.

If any inappropriate attire is worn you will be asked to go change and lose participation points for that day.

****Please take your clothes home each week and wash them to ensure cleanliness****

PHYSICAL CONTACT

Yoga is a physical activity. There will be physical contact between student and the teacher. If this is an issue please talk to the teacher.

MAKE UP WORK

For excused absences only:

1. You may compile a 20 minute yoga routine and teach it to the class.
2. Come talk to Mrs. White about articles or videos you may use for participation make up.
3. Take Yoga on WIN days.

Students will need to talk to the teacher if they have missed any evaluations/pass-off, videos, or worksheets to discuss possible days and ways to make up the missed EVALUATION GRADE

INAPPROPRIATE LANGUAGE, STEALING OR DESTRUCTION OF PROPERTY

This will not be tolerated and it will be directly taken to the Vice Principal.

CLASS AND LOCKER ROOM POLICIES

1. No food, drinks (besides water), or backpacks in the locker room or class. Students who are caught using the candy machines before/during/after class time will have to forfeit their purchase(s) and will not be reimbursed. They will also lose their participation points for the day.
2. For safety reasons, gum is not allowed.

3. Locker rooms will be locked DURING class time. If you need to use the restroom you will have to see the teacher first. The hall bathrooms will be used.
4. No dressing in the bathroom stalls. If needed, students can use the shower stalls for changing their clothes.
5. Students need to bring a combination lock from home for their locker. Always lock your locker. Never share your combination. Teachers are not responsible for lost/stolen items and will not conduct interrogations based on stolen items.
6. Be ready in your role call lines BEFORE role call.
7. Students should keep their own supply of deodorant, body spray, bandaids, safety pins. Absolutely no glass containers.
8. Do not leave the locker room or gym until after the bell has rung to go to your next class. If you are caught out in the halls or the cafeteria, this will count as a sluff.
9. Talking during warm-ups, sitting during class, not dressing, or showing disrespect to ANYONE, will result in the loss of participation points.

SUBSTITUTE POLICY

If a student is breaking class or school rules, being disruptive, or disrespectful during the class period while a substitute is teaching. The substitute may write down the student's name. Upon which, when the teacher returns, the student will be given an ESSAY assignment of the teachers choice. The essay will need to be 3 pages long.

I am looking forward to an amazing year full of growth and fun! I'm glad you are in my class!

ITEMS NEEDED FOR YOGA CLASS:

- **LEGGINGS/SHORTS/SWEATS/SPANX/YOGA PANTS/JOGGERS**
- **T-SHIRT – ANY COLOR AND NOT BIG AND BAGGY**
- **MASTER LOCK WITH A TURNING COMBINATION (no key or letter locks)**
- **FLIP FLOPS**

Parents:

Please sign this stating that you have read the above information with your student and understand the teacher policies. This is an assignment. It is DUE: Friday, August 25th, 2023

Parent Signature

Student Signature

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